

Health Promotion Resource Guide

Building Connections: Weight Management



Networking and collaboration build essential connections to enhance a weight management program.

Benefits of a network

- Provides you with **access** to more resources
- Helps you get **buy-in** from healthcare professionals, Command, Soldiers, and the community
- Gives you a source of built-in **backup** when needed
- Prevents duplication of efforts and **conserves resources**
- Avoids implementation of programs that **compete** for the same target population for the same purpose
- Improves **marketing** channels for health promotion at the installation and in the community

HELPFUL HINT: Organize a multidisciplinary team to develop, improve, and implement a weight management program.

Team members should know the topic, know the process, and know the target population.

Potential team members for a weight management program include:

- Physician
- Pharmacist
- Dietitian
- Health promotion coordinator
- Physical therapist
- Community health nurse
- Community organizations like MWR, recreations centers, local health departments
- Line leadership
- Army Community Services

Networking lessons learned from successful Army weight management programs

Recruit a physician champion to provide an overview of weight management and obesity at the first program session. This will provide **credibility** for the program.

A dietitian and physical therapist are **essential** members of a weight management program team.

Coordinate with the Weigh to Stay program at your installation:

- Soldiers may be required to attend the Weigh to Stay program at your installation. Consider Weigh to Stay and other weight management programs as **complements** to each other.
- Touch base with Weigh to Stay personnel **before** starting another weight management program.
- **Share** ideas and resources, where possible.
- **Work together** for the good of the Soldier.

Bottom line

Planning and implementing a weight management program should not be done by an “Army of One.” Use a network to expand your reach and build support. A team is a very effective resource multiplier. To build a network, introduce yourself to everyone and look for opportunities to establish partnerships.